



Benefits Of *Lettuce* For Pregnant Women



Boosts immunity
and protects
against infections



Prevents heart
ailments, stroke,
and hemorrhaging



Aids digestion and
normalizes body fluids



Has anti-cancer
benefits



Minimizes anxiety and
promotes relaxation
and sleep



Aids in fetal development
and protects against
birth defects

References:

1. Health Benefits and Safe Handling of Salad Greens – 9.373; Colorado State University.
2. Deciding What to Eat When You Are Pregnant; Oklahoma State University.